

Maple Grove Nordic Team: 2009-2010

Winter Trip Information

Updates during the trip will be posted on the website: www.mgmt.org

Lodging:

Wolverine Village
Ironwood, Michigan
<http://www.wolverinevillage.com>

Emergency phone numbers:

Coach Jon 763-300-2153
Coach Susan 763-242-8100
Coach Anne 763-746-6782
Coach Nicole 763-443-5702

Schedule for 12/27 – 12/30

Dec. 27th, Sunday

Load at 6:30, leave at 7:00 from stadium parking lot
Stop to ski along the way, snow permitting
Eat sack lunch, change and back on the road again
Arrive in Ironwood
Ski at Wolverine

Dec 28th-29th, Monday-Tuesday

Breakfast and dinner at the lodge, Lunch at trails
All day skiing, Houghton, ABR
Video Analysis
Evening activities

Dec. 30th, Wednesday

Breakfast, ski
Lunch; departure
Ski the Birkie trail
Dinner in Hayward
We should return to the school around 9:00pm. We'll call when we are 15 minutes from home.

What to bring:

1. Bag lunch for the first day
2. Pillow (optional, no bedding is required)
3. Towel
4. Casual/Travel/Lounge clothes
5. Toiletries (Toothbrush/Soap/Shampoo/etc)
6. Flashlight and Headlamp
7. Warm clothing for skiing (Several sets as we will be skiing twice a day and dry clothes are necessary!!)
A second set of gloves and hat would be a nice thing to have if available. Plan on very cold weather!
8. Race suit
9. Phone/Camera/Mp3 player (all optional, you are responsible for keeping track of your valuables)
10. Any leftover holiday goodies your family can spare
11. A box of your favorite cereal
12. Healthy snack food (Fruit, granola bars, graham crackers...)
13. Ski boots/Skis/Poles/Ski Bag (Both classic and skate) Put your name on everything!
14. Water Bottle on belt or small backpack to carry snack, lunch, trail map
15. Winter boots, winter jacket, extra socks
16. Games to play/ Movies (No R-rated please)

Skiing Goals: Ski quality km with focus on good technique and some speed. Each session that we ski, concentrate on one aspect of your technique that you want to improve. The main focus is volume, working on both classical and skate techniques in small groups. Have fun and **always ski with a partner.**